Advice and support for children/ young people.

https://www.childline.org.uk/ Online support for any child that needs someone to talk to.

https://youngminds.org.uk/

Online support for young people who may be struggling with every day issues.

https://www.cruse.org.uk/

Offer support around bereavement.

https://www.kooth.com/

Service for young people to get advice and

https://www.hertssunflower.org/hertssunflower.aspx

Advice and support for anyone concerned around Domestic Abuse.

https://annakaharris.com/mindfulness-for-children/

Online activities for breathing and relaxation ,including visualisation recordings.

https://www.youtube.com/watch?v=Bk_qU7I-fcU

Stories for children to relax and meditate to.

<image>



If you know any useful websites or Apps please let me know on;

d.hansen@peartreespring.herts.sch.uk

Advice and support for

Adults or over 18.

https://www.livingwithadhd.co.uk/ Information and online support on ADHD.

https://youngminds.org.uk/

Online support for parents of young people , who may be struggling with every day issues.

https://www.cruse.org.uk/

Offer support around bereavement.

http://www.add-vance.org/

Information and support around ADHD and Autism.

https://www.hertsparentcarers.org.uk/

Guidance and support For any one that is a carer within Hertfordshire.

https://www.hertssunflower.org/hertssunflower.aspx

Advice and support for anyone concerned around Domestic Abuse.

https://www.youtube.com/watch?v=Bk_qU7I-fcU

Stories for children to relax and meditate to.



Alternatively contact Samaritans (24 hours a day)free on 116 123

Local Offer DSPL2 Parent / Carer Newsletter



Covering Stevenage, Aston, Bennington, Datchworth, Graveley, and Knebworth.

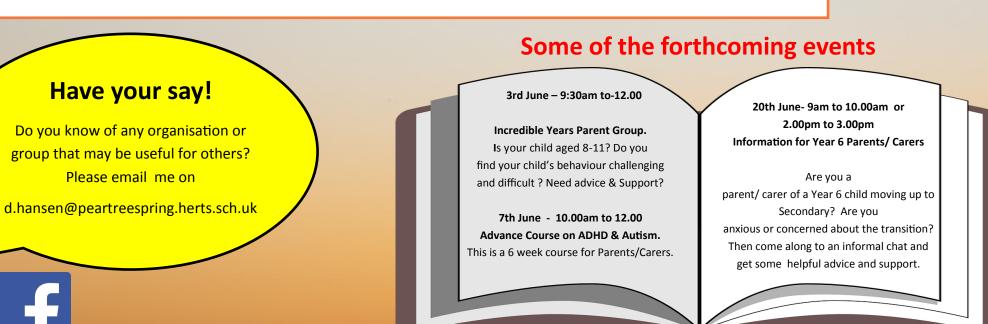
Who? What? Why? When?

We are part of a Hertfordshire-wide partnership. This is so parents, carers, staff in Early Years settings, schools, further education, the Local Authority and other agencies can work together. Their aim is to ensure a wide range of provisions are available within the local community, and advice/support is there when you most need it. The main focus is:

- * Meeting the needs of children and young people with special educational needs and/or disabilities (SEND), aged 0-25.
- * Improving outcomes for wellbeing and attainment.
- * Offering more choice for children and parents/carers.
- * Removing barriers for learning and ensuring resources are used more effectively.

You all should have received the Parent / Carer survey by now, via your child / young persons school setting. We will be using your response, to provide vital feedback that will enable us to improve outcomes for children or young people with SEND.

If you would like further details about the service, please visit <u>www.stevenagedspl.org.uk</u> or alternatively look up our Social media Platforms such as Facebook .



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